

WEBSITES (cont'd)

- **Health Finder**
www.healthfinder.gov
- **Healthy Weight Journal**
www.healthyweight.net
- **March of Dimes**
www.modimes.org
- **Mayo Clinic**
www.mayohealth.org
- **National Council Against Health Fraud**
www.ncahf.org
- **National Library of Medicine**
www.nlm.nih.gov
- **Quackwatch**
www.quackwatch.com
- **Reuters Health**
www.reutershealth.com
- **San Bernardino Nutrition Quackery Task Force**
www.co.san-bernardino.ca.us/eatwell/content/Quackery.htm
- **Sports, Cardiovascular, and Wellness Nutritionists**
www.NutriFit.org
- **The Center for Inquiry West**
www.cfiwest.org
- **Tuft's University Nutrition Navigator**
www.navigator.tufts.edu
- **UC Berkeley Center for Weight and Health**
www.cnr.berkeley.edu/cwh
- **US Food and Drug Administration**
www.fda.gov
- **Victims of Chiropractic**
www.chirobase.org

ON-LINE NEWSLETTERS

- **American Health Consultants (Alternative Med. Alert)**
www.ahcpub.com
- **Consumer Health Digest**
www.ncahf.org/digest/chd.html
- **Consumer Lab**
www.consumerlab.com
- **Intel Health**
www.intelihealth.com
- **Nutrition News Focus**
www.nutritionnewsfocus.com

DISCLAIMER



Nutrition quackery is the promotion of false and/or unproven nutrition products and services for a profit. Quacks can include sincere but misguided or deluded individuals, as well as charlatans and impostors. Individuals can avoid being victims of a nutrition rip-off by learning to recognize the techniques used to manipulate consumers.

The claims sound too good to be true, but they are what people want to hear. Nutrition quackery is successful because quacks play on emotions and misinformation. Most people want to believe that there are "magical" alternatives to the prudent diet and physical activity that promote health and well-being. However, they are rarely told of possible side effects or other harm that might result from the promoted product or dietary regimen.

Quacks encourage distrust of reputable health professionals such as medical doctors, registered dietitians, and other nutrition scientists. They ridicule the nutrient content of our food supply and claim that the foods we need to meet nutritional requirements can't be purchased in grocery stores. They refer to their unproven treatments as "alternatives" to reputable medical care. While choices do exist among current legitimate treatments, the alternatives promoted by quacks can be ineffective and/or unsafe.



ORANGE COUNTY NUTRITION ALERT COALITION

Prepared by the: Consumer Education Committee

Please send suggestions or comments to:

isimard@hca.co.orange.ca.us

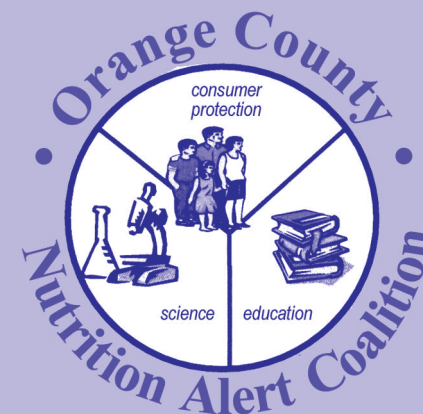
or write to: Nutrition Services

1725 W. 17th Street, Bldg. #50, Rm. 110G

Santa Ana, CA 92706

To contact by phone please call: 714-834-7874

RELIABLE HEALTH AND NUTRITION INFORMATION



Winter 2003

RESOURCE LIST



The Reliable Health and Nutrition Resource List is prepared by the County of Orange Nutrition Alert Coalition. Formed in May 1998, the coalition is dedicated to the promotion of health nutrition through



consumer education. We are providing this Resource List because we believe that consumers have the right to receive reliable, science-based information, enabling them to make informed decisions regarding questionable nutrition products and practices.

Orange County Nutrition Coalition: <http://www.ochealthinfo.com/nutrition/nac.htm>

BOOKS



- **Consumer Health: A Guide to Intelligent Decisions** by S. Barrett, W. Jarvis, M. Kroeger, & W. London, 7th Edition, Madison, WI: Brown & Benchmark (WCB/McGraw-Hill), (2002).
- **Ultimate Sports Nutrition** by Ellen Coleman and Suzanne Steen, 2nd Edition, (2000), Bull Publishing.
- **Eating on the run: Healthy Habits for Hectic Lifestyles** by Evelyn Tribole, RD, (1998).
- **Fad-Free Nutrition** by Fredrick J. Stare, et al., (May 1988).
- **Inside Chiropractic: A Patient's Guide** (Consumer Health Library) by Samuel Homola & Stephen Barrett (Editor), (Hardcover–August 1999).
- **Healthy Dining in Orange County**, 4th Edition, (1999).
- **Nancy Clark's Sports Nutrition Guidebook: Eating to Fuel Your Active Lifestyle** by Nancy Clark, MS, RD, (1996).
- **Natural Medicines Comprehensive Database** by Therapeutic Research Faculty Staff (Editor) & Jeff M. Jellin, (June 2000).
- **Nutrition For Dummies®** by Carol Ann Rinzler, (September 1999).
- **Outsmarting the Female Fat Cell—After Pregnancy: Every Woman's Guide to Shaping Up, Slimming Down, and Staying Sane After the Baby** by Debra Waterhouse, (Hardcover–January 2002).

- **PDR for Herbal Medicines** (Physician's Desk Reference for Herbal Medicines, 2nd Edition, by Medical Economics Staff (Editor), et al., (Hardcover–April 2000).
- **Quack!: Tales of Medical Fraud from the Museum of Questionable Medical Devices** by Bob McCoy.
- **Science Meets Alternative Medicine: What the Evidence Says About Unconventional Treatments** by Wallace Sampson (Editor) & Lewis Vaughn (Editor), (June 2000).
- **Snake Oil, Hustlers and Hambones: The American Medicine Show** by Ann Anderson & Heinrich R. Falk, (July 2000).
- **The Ergogenics Edge: Pushing the Limits of Sports Performance** by Melvin H. Williams, PhD, (October 1997).
- **The Vitamin Pushers: How the "Health Food" Industry is Selling America a Bill of Goods** (Consumer Health Library) by Stephen Barrett, Victor Herbert & Gabe Mirkin, (1999).
- **Tyler's Herbs of Choice: The Therapeutic Use of Phytomedicinals** by James E. Robbers & Varro E. Tyler, (January 1999).
- **Tyler's Honest Herbal: A Sensible Guide to the Use of Herbs and Related Remedies** by Steven Foster & Varro E. Tyler, (Paperback–November 1999).

JOURNALS AND MAGAZINES

- **American Journal of Epidemiology.**
- **American Journal of Health Promotion.**
- **American Journal of Public Health.**
- **FDA Consumer.**
- **Healthy Weight Journal.**
- **International Journal Health Services.**
- **International Journal of Community Health.**
- **Journal of the American Dietetic Association.**
- **Journal of the American Medical Association.**
- **Medicine and Science in Sports & Exercise.**
- **New England Journal of Medicine.**
- **Nutrition Today.**
- **Skeptic Magazine and Skeptical Inquirer.**
- **The American Journal of Clinical Nutrition.**
- **The Scientific Review of Alternative Medicine.**

NEWSLETTERS

- **Environmental Nutrition.** P.O. Box 420451, Palm Coast, FL 32142-0451
- **Nutrition & The MD.** Lippincott-Raven Publishers, P.O. Box 1600, Hagerstown, MD 21741-2116.
- **Nutrition Action Health Letter.** Center for Science in the Public Interest, Suite 300, 1875 Connecticut Ave, NW, Washington, DC 20009-5728.
- **Nutrition Focus.** CHDD-University of Washington, P.O. Box 357920, Seattle, WA 98195-7920.
- **Nutrition Forum Newsletter.** Prometheus Books, 59 John Glena Drive, Amherst, NY 14228-2197
- **Priorities.** American Council on Science and Health.
- **Smart-Food—Low Cost & Health Eating, Nutrition Matters.** 2809 E. Hamilton Ave, Dept. 109, Eau Claire, WI 54701.
- **Tufts University Health & Nutrition Letter.** P.O. Box 57857, Boulder, CO 80322-7857.
- **University of California at Berkeley Wellness Letter.** P.O. Box 420148, Palm Coast, FL 32142.

WEBSITES

- **American Cancer Society**
www.cancer.org
- **American Council on Science and Health**
www.acsh.org
- **American Dietetic Association**
www.eatright.org
- **American Heart Association**
www.americanheart.org
- **The Blonz Guide**
www.blonz.com
- **Center for Food Safety & Applied Nutrition: Dietary Supplement**
www.cfsan.fda.gov/~dms/supplmnt.html
- **The Center for Disease Control and Prevention**
www.cdc.gov/hoax_rumors.htm
- **Dairy Council of California**
www.dairycouncilofca.org
- **Federal Trade Commission**
www.ftc.gov
- **Healthy Dining**
www.healthy-dining.com

